







Monday	Tuesday	Wednesday
<p>2 10:45 Dancing, Social Hall 11:45 Lunch Baked chicken, whole grain bread, carrots & broccoli, fruit 1:00 Big Bingo, Social Hall</p>	<p>3 11:45 Lunch Chef's choice fish, brown rice, Japanese veggies, green salad w/ carrots, mandarin oranges 1:00 Movie: Tinker, Tailor, Soldier, Spy 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>4  Closed Happy Birthday, America </p>
<p>9 8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch  Stuffed salmon, pasta & peas, Japanese blend veggies, carrot raisin salad, orange</p>	<p>10 8:50 Eyeglass Repair 10:30 Book Club - "The Long Way Home" 11:45 Lunch Meat loaf, whole grain bread, corn & red bell peppers, mashed potatoes, fruit 12:00 Summer Picnic 1:00 Movie: War Horse 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>11 10:30 Line Dancing, Social Hall 11:45 Lunch B.B.Q. chicken, whole grain bread, California blend veggies, green salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: War Horse</p>
<p>16 10:45 Dancing, Social Hall 11:45 Lunch  Chicken tortellini salad, cauliflower, peas, tomatoes & broccoli in entrée, warm dinner roll, fruit 2:00 Newcomer's Group</p>	<p>17 11:45 Lunch Teriyaki chicken, brown rice, Japanese veggies, green salad w/tomatoes, pineapple chunks 1:00 Movie: Win Win 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>18 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch  Beef enchilada, corn tortilla, Spanish rice, shredded lettuce & cabbage salad, cantaloupe 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee Meeting 5:30 Movie: Win Win</p>
<p>23 10:45 Dancing, Social Hall 11:45 Lunch Chicken noodle soup, whole grain bread, broccoli, onions, lettuce tomatoes, cucumber & cabbage salad, fruit</p>	<p>24 8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch B.B.Q. beef, whole grain bread, green beans & cauliflower, green salad, fruit 1:00 Workshop: Memory Games and Alzheimer's Disease 1:00 Movie: The First Grader 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>25 1:00 Workshop: Search Engines 10:30 Line Dancing, Social Hall 11:45 Lunch Chef's choice fish, brown rice, diced carrots, coleslaw w/apples & mandarin oranges, watermelon 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: The First Grader</p>
<p>30 10:45 Dancing, Social Hall 11:45 Lunch  Beef stroganoff w/ mushrooms, noodles, California blend veggies, lettuce & cabbage salad, sugar free gelatin w/fruit</p>	<p>31 11:45 Lunch Oven breaded chicken, whole grain bread, peas & carrots, baked potato, orange 1:00 Movie: J. Edgar 2:00 Wii Bowling 5:15 Drop In Bridge</p>	

Thursday

Friday

Strawberry Shortcake

Ingredients:

1 large angel food cake

For the custard:

1 8oz. package cream cheese, softened

1 14 oz. can sweetened condensed milk

1 12 oz. container frozen whipped topping, thawed

For the glaze:

1 cup sugar

3 tablespoons cornstarch

3 tablespoons strawberry gelatin

1 cup water

2 cups fresh strawberries, cut in half

Whole fresh strawberries and mint leaves, for garnish

Directions:

Slice cake, using a serrated knife, horizontally into 3 equal layers.

For custard:

Mix together cream cheese, condensed milk, and whipped topping in a bowl; set aside.

For the glaze:

In a medium saucepan, stir together sugar, cornstarch, and gelatin; add water. Cook stirring over medium heat until thick. Remove from heat and allow to cool completely.

Fold in strawberries.

For assembly:


Place 1 layer of cake in a large clear bowl. Top with a layer of glaze, followed by a layer of custard mixture. Repeat layering in this order for remaining cake, glaze and custard. Top cake with 3 whole fresh strawberries and fresh mint leaves.


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8:30 Notary Service
10:30 Bookmobile
11:45 Lunch
Pork chop, mushroom gravy,
Whole grain bread, oriental veggies, mashed potatoes, fruit

12
10:30 Bookmobile
11:45 Lunch
Hamburger, bun, lettuce & tomatoes, green beans, potato salad, cantaloupe
1:00 Workshop: Breast and Cervical Cancer


19
10:30 Bookmobile
11:45 Lunch
Baked fish, brown rice, California blend veggies, green salad, fruit
1:00 SALA Appointments

26
10:00 VTA Clipper Cards
10:30 Bookmobile
11:45 Lunch
Seasoned meatballs, baked penne pasta, Italian veggies, tossed salad, fruit

6
10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
 Beef minestrone soup, 4 way blend veggies, dinner roll, spinach & cucumber salad, cantaloupe
1:00 Movie: Tinker, Tailor, Soldier, Spy

13
10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
 Chili Colorado, tortilla, fresh pinto beans, spinach, cucumber & tomato salad, fortified apple juice
1:00 Movie: War Horse

20
10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
Chicken cacciatore, onions, green bell peppers, mushrooms & tomatoes in entrée, seasoned pasta, green salad, fruit
1:00 Movie: Win Win

27
10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch Birthdays!!
 Chile verde-pork, tortilla, fresh cooked pinto beans, green salad w/ cabbage, cantaloupe
1:00 Movie: The First Grader



NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$6.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium